

Supplement 2: Data Extraction Sheet

	Source	
1	Reviewer	
2	study id (last name of first author and year of publication)	
3	report id	
4	Citation	
5	author contact details	
	eligibility & methods	
6	confirm eligibility for review (y/n)	
7	reason for exclusion (1: does not involve human participants; 2: participants do not have an ocular condition ; 3: does not include a pharmaceutical agent for the promotion of sleep; 4: does not include an outcome measure of sleep quality, duration or latency ; 5: not a randomised controlled trial; 6: not published in english ; 7: participants do not have sleep disturbance; n/a)	
8	study design	
9	sequence generation (method)	
10	sequence generation (reviewer's judgement)	
11	allocation sequence concealment (description)	
12	allocation sequence concealment (reviewer's judgement)	
13	masking: participants and personnel (description)	
14	masking: participants and personnel (reviewer's description)	
15	masking: outcome measurements (description)	

Supplement 2: Data Extraction Sheet

16	masking: participants and personnel (reviewer's description)	
	Participants	
17	Setting	
18	N	
19	mean age (sd)	
20	sex (% female)	
21	country recruited	
22	% no perception of light (NPL)	
23	includes adults (y/n)	
24	includes <18s (y/n)	
25	sleep dysfunction	
26	diagnostic criteria for sleep dysfunction	
27	baseline circadian cycle period (if applicable): mean (sd)	
28	ocular condition	
29	concomitant medications (y/n)	
30	withdrawals	
	Interventions	
31	total number of intervention groups	
32	pharmaceutical intervention	
33	Dosage	
34	timing of imp	

Supplement 2: Data Extraction Sheet

35	determination of timing of imp	
36	comparator	
37	duration varied per participant (y/n)	
38	duration of treatment	
39	determination of treatment duration	
40	co-interventions	
	Outcomes	
41	Outcome	
42	timepoint measured	
43	unit of measurement	
44	measurement range (for scales)	
45	high score good/ bad (scales)	
	Results	
46	sample size	
47	n intervention	
48	n comparator	
49	incomplete outcome data	
50	incomplete outcome data (reviewer's judgement)	
51	measurement	
52	summary data for intervention group	
53	summary data for comparison group	

Supplement 2: Data Extraction Sheet

54	estimate of effect with confidence interval; p value	
55	subgroup analyses	
56	selective reporting	
57	selective reporting. (reviewer's judgement)	
	miscellaneous	
58	other concerns about bias	
59	other concerns about bias (reviewer's judgement)	
60	funding source	
61	key conclusions of the study authors	
62	miscellaneous comments from the study authors	
63	references to other relevant studies	
64	correspondence required (y/n)	
65	miscellaneous comments by the reviewer	
	risk of bias	
66	to be populated from rows 9, 10, 11, 12, 13, 14, 15, 16, 49, 50, 56, 57, 58 and 59	